Arthritis is a growing problem among migrant and seasonal farmworkers. An estimated 1 to 1.7 million are affected by this disease. Farm work is a physically demanding job that places a lot of stress on the joints. This can lead to pain in the back, neck, and wrists and potentially arthritis.

To help farmworkers prevent arthritis and cope with joint pain, the National Center for Farmworkers Health (NCFH) and The Missouri Arthritis Rehabilitation Research and Training Center (MARRTC) have worked together in the development of “Let’s Talk About Arthritis” (Hablemos Sobre Artritis), a prevention and self management program on arthritis specifically created for them.

This curriculum is intended to train lay health workers over a two-day period on the most relevant topics on arthritis including: an overview on arthritis, basic information on osteoarthritis and rheumatoid arthritis, risk factors, signs and symptoms, and ways to manage arthritis pain.

All resources are available in English/Spanish and on CD.